

Make Half Your Grains Whole...

The *Dietary Guidelines for Americans*, published by the Department of Agriculture recommend making half of the grain products you eat whole grains.

What is a whole grain?

A whole grain still has its outer covering which is called the “bran”.

The bran is rich in fiber, vitamins, and minerals. When grains are milled, or “refined”, that outer covering comes off, and the grain loses important nutrients.

Why are whole grains important?

Whole grains are an excellent source of important vitamins, minerals, antioxidants, and fiber. Eating whole grains regularly can reduce your risk for heart disease and can help you lose weight.

Types of Whole Grains

- Whole wheat flour
- Brown rice
- Whole cornmeal
- Oatmeal

Tips for Eating More Whole Grains

- Replace refined grains with whole grains
 - Use brown rice instead of white
 - Eat whole wheat bread instead of white
 - Use whole wheat pasta
- Add barley to soups or stews
- Choose whole grain chips
- Choose whole grain cereals for breakfast or snacks

Buying Whole Grains

- Check the ingredient list of food labels.
- The first ingredient should be a “whole” grain like...
 - whole wheat
 - whole-grain corn
 - whole oats
 - whole rye
- OR these are whole grains too...
 - brown rice
 - wild rice
 - oatmeal
 - bulgur

SEPTEMBER